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| **Minding the Gap - News Brief: No. 156** |
| **The Glasgow Effect: Examining the City's Life Expectancy Gap: A Photo Essay**  Please review this article, it is a brief excursion into the work of Kirsty Mackay. In the article Kirsty examines the causes of the ‘Glasgow Effect’ in her highly personal project. She looks at Glasgow’s excess mortality in comparison to the UK average and shifts the focus from the individual to government policy. The conclusion that can be drawn from these extremely illuminating pictures is that the reason that the Glasgow Effect exists is down to public policy and not with the individual and their lifestyle choices. Local and central government policies created the circumstance by which people had to live their lives, where segregation, alienation, mass unemployment and the generational trauma followed. Where poverty and deprivation constitute a public health concern. During the 1970s and 80s Glasgow was in a “managed decline”. Unbeknown at the time, the city was starved of funding from Westminster and the rest is history. This article shows in graphic detail, the harm that bad decisions have on innocent lives!    [Article](https://www.theguardian.com/artanddesign/2021/feb/26/the-glasgow-effect-examining-the-citys-life-expectancy-gap-a-photo-essay) |
| **Shaping The COVID Decade: Addressing The Long-Term Societal Impacts of COVID-19**  What are the long-term societal impacts of COVID-19? This short but substantial question led to this rapid integration of evidence and an extensive consultation process. As history has shown us, the effects of a pandemic are as much social, cultural and economic as they are about medicine and health. The aim of this report is to deliver an integrated view across these areas to start understanding the long-term impacts and how we address them.  This report along with the companion report (see below), The COVID decade – concluded that there are nine interconnected areas of long-term societal impact arising from the pandemic which could play out over the coming COVID decade, ranging from the rising importance of local communities, to exacerbated inequalities and a renewed awareness of education and skills in an uncertain economic climate.  [Report](https://www.thebritishacademy.ac.uk/documents/3239/Shaping-COVID-decade-addressing-long-term-societal-impacts-COVID-19.pdf) |
| **The COVID Decade: Understanding The Long-Term Societal Impacts of COVID-19**  This report outlines the evidence across a range of areas, building upon a series of expert reviews, engagement, synthesis and analysis across the SHAPE research community. It shows that COVID-19 has generated a series of social, economic and cultural effects which will have long-term impacts  [Report](https://www.thebritishacademy.ac.uk/publications/covid-decade-understanding-the-long-term-societal-impacts-of-covid-19/) |
| **The Kids aren’t Alright: Covid-19 has Hit Young Workers Hardest**  While there has been a slight increase in the number of employees on payroll this month, rising by 68,000, overall there are still 693,000 fewer employees on payroll than there were in February 2020. It is particularly concerning that young workers (under 25) make up 60% of this fall in employment. This paper covers data and analysis relating to the start of the third national lockdown and indicates a gradual uplift in unemployment even with high take up of the furlough scheme, which aims to keep people in work. Most concerning, the data finds that young people have been disproportionately affected by job losses over the past year.  [Paper](https://www.lancaster.ac.uk/work-foundation/news/blog/the-kids-arent-alright-covid-19-has-hit-young-workers-hardest) |
| **From Competition to Collaboration: Can the NHS White Paper Deliver?**  This article discusses a number of potential defects and omissions from the new NHS White Paper, and explains why the policy lacks conviction in relation to its key principles.  [Article](https://blogs.lse.ac.uk/politicsandpolicy/can-the-nhs-white-paper-deliver/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+BritishPoliticsAndPolicyAtLse+%28British+politics+and+policy+at+LSE%29) |
| **A Consultancy Habit? The Use of External Management Advice in the NHS**  The use of paid management consultants in the NHS has become habitual despite having a negative impact on efficiency. This inflation of demand for consulting services occurred even when they failed to improve performance. In fact, policy initiatives such as outsourcing and private financing of hospital buildings had worse outcomes for efficiency when carried out with the help of consultants’ advice. Since the study was completed, management consultants have continued to be hired extensively throughout the NHS, including to help with the Covid crisis. Current estimates show that in 2018-19, over £300 million was spent by NHS providers and commissioners on hiring external consultants.  [Briefing](http://www.bristol.ac.uk/media-library/sites/policybristol/briefings-and-reports-pdfs/2021/PolicyBristol_Briefing98_external_management_NHS.pdf?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=12197442_NEWSL_HMP%202021-03-02&dm_i=21A8,79FLU,FLWQCU,TGKB7,1) |
| **Levelling Up Wakefield**  With its low-wage economy, Wakefield is the kind of place the government has promised to help level up. But what kind of help do people there most need? The presenter returns to his home city to find out. He meets someone who remembers the days when Wakefield was known for its vibrant nightlife. He hears about the council's plans to entice new people to the district through attractions like the Hepworth Art Gallery and the transformation of the Rutland Mills. He finds out what attracts - and hinders - private sector investment and he discovers how communities built around mills and mines have lost their economic purpose and been left stranded by poor local transport links.  [Podcast](https://www.bbc.co.uk/sounds/play/m000sy3z) |
| **Managing Precarity: Food Bank Use by Low-Income Women Workers in a Changing Welfare Regime**  Employment had risen to historically high levels in Britain before the coronavirus crisis; however, whereas work is traditionally conceptualized as a route out of poverty, this is no longer necessarily the case. Participation in non-standard or low-income work such as zero-hour contracts, involuntary part-time work and self-employment is increasingly a feature of the labour market and in-work benefits which top-up low incomes have been pared back. This case study undertaken in the period before the coronavirus crisis takes a multidisciplinary approach in relation to three key questions: are working women resorting to food bank use in times of financial hardship; to what extent is this a function of non-standard working practices; and is welfare reform a contributing factor?  A three-strand approach is taken: a synthesis of literature, an analysis of national data and in-depth interviews with stakeholders involved with referrals to or delivery of emergency food provision within northern Britain. The findings highlight a growth in precarious employment models since the 2008/2009 recession and how this intersects with increasing conditionality in welfare policy. We contribute to the debate by arguing that ideological driven policy fails to acknowledge structural deficiencies in labour market demand and misattributes responsibility for managing precarious working patterns onto individuals who are already struggling to get by.  [Report](http://shura.shu.ac.uk/28189/3/Beatty-ManagingPrecarityFood%28VoR%29.pdf) |
| **The Long Shadow of Job Loss: Britain's Older Industrial Towns in the 21st Century**  This article takes a long view of economic change in Britain’s older industrial towns, drawing on research into labour market trends in the places and communities most affected by deindustrialization. It begins by documenting the industrial job losses over the last 50 years and their impact on unemployment, economic inactivity and welfare benefit claims, highlighting the diversion onto incapacity benefits triggered by job loss that remains a major feature of the towns. It then looks at the evidence on the present-day labour market in the towns, identifying job growth at a slower pace than in the cities and continuing weaknesses in terms of earnings, qualifications and occupational mix.  These are the on-going problems the authors describe as the ‘long shadow of job loss’. The evidence also shows that despite years of job loss, industry remains a key component of the towns’ economy and that the towns are increasingly connected to surrounding areas, including nearby cities, by strong commuting flows.  [Report](http://shura.shu.ac.uk/26657/10/Beatty_LongShadowJob(VoR).pdf) |
| **Pandemic Lessons from the North**  This is a detailed and well balanced report on the impact of government policy before and during the pandemic. It is the kind of contribution which needs to be made and needs to be heard for any Independent Inquiry that we can hope to have in the very near future. This article asks the question several time ‘how do you self-isolate’ when you live in a house with three generations and you all care for each other? The article suggest that the Government cannot micromanage all variables and from what we have learnt it can’t even always anticipate them, especially during the frenzy of a pandemic response. But it could listen more to those who do and cede some of its own control to local public health professional that know their populations and demographics.  [Article](https://www.manchestereveningnews.co.uk/news/greater-manchester-news/pandemic-lessons-from-the-north-20233278) |
| **One In Eight Forced Out Of The Labour Market Due To Ill Health Before State Pension Age**  Recent decades have seen increasing numbers of men and women working into later life. So far this century, average retirement ages have increased by approximately two years for men and three years for women. At the same time, the government has started to increase state pension ages, first bringing women into line with men, and then raising it for both sexes. While many people choose to retire before reaching state pension age, one in eight are forced out by ill health, and others are unable to fit work around caring responsibilities. These issues are unequally distributed across the working population.  People who leave low paying or physically intensive sectors before the state pension age are six times more likely to do so because of ill health than those working in the professions. The chances of being forced out of the labour market early also vary greatly from region to region. On average across the UK, one in eight people leave the labour market due to ill health, but this rises to one in six in the North East, but perhaps the most shocking disparities relate to the impact of poverty on healthy life expectancy. The Covid-19 pandemic has widened many of these inequalities. The economic impact of the pandemic is also likely to fall particularly painfully on older workers, who are more likely than all but the youngest workers to have been furloughed. Those older workers who lose their jobs are twice as likely to become long-term unemployed as younger workers. This report is calling on the government to urgently work with unions and employers on developing training programmes for older workers.  [Report](https://www.tuc.org.uk/sites/default/files/2021-03/Older%20workers%20report%20final.pdf) |
| **Is Covid at Risk of Becoming a Disease of the Poor?**  This article discusses whether Covid-19 is "a story of two nations - rich and poor". Whilst the government is talking about the civic duty of people to do their bit, the fact that is harder for some than others seems to have gone amiss. People in the poorest tenth of the country are more likely to die prematurely than some in the richest tenth, Covid is likely to increase that gap even further. If you haven't got a car or you are in ill health, it may not be easy to get to a vaccination centre this differential is only compounded. However, the noise percolated via Westminster assumes this is because people do not want to be vaccinated, but it may be more about access. The article also highlights that many in less affluent communities live in crowded housing, living on a zero-hours contract or have to provide care to an elderly relative, where isolating when they have symptoms is not easy. If we don't find a way to address these challenges, it will be devastating for the most deprived. They will be left even further behind.  [Article](https://www.bbc.co.uk/news/health-56162075) |
| **The NHS’s role in Tackling Poverty**  One of the main drivers behind the creation of the NHS was to protect the poorest in society from being bankrupted by the need to pay for care. But the NHS can do more to mitigate, prevent and reduce poverty. This report sets out what the NHS, as the largest economic institution in the country, needs to maximise its contribution to tackling poverty, within its resources and with its partners.  With one fifth of the UK population experiencing poverty and the economic impacts of the Covid-19 pandemic not yet fully realised, this is more important now than ever. The authors identify three key roles for the NHS: raising awareness among staff, developing concerted action to meet the needs of those experiencing poverty and using its voice to advocate for tackling poverty. Across each of these, the NHS needs to work more collaboratively and creatively with its partners and local communities.  [Report](https://www.kingsfund.org.uk/sites/default/files/2021-03/nhss-role-tackling-poverty.pdf) |
| **Local Government Finance in the Pandemic**  The Covid-19 pandemic has been an unprecedented public health and economic emergency. Local authorities in England have made a major contribution to the national response to the pandemic, working to protect local communities and businesses, while continuing to deliver existing services. The pandemic has in turn placed significant pressure on local authorities’ finances, which in many cases were already under strain going into the pandemic.  [Report](https://www.nao.org.uk/wp-content/uploads/2020/08/Local-government-finance-in-the-pandemic.pdf?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=12229424_NEWSL_HWB_2021-03-22&dm_i=21A8,7A4A8,FLWQCU,TIZZU,1) |
| **The 12-Month Stretch: Where the Government has Delivered – and where it has Failed – During the Covid-19 Crisis**  This briefing note explores the past 12 months of the pandemic through the health crisis, the economic crisis, and their impact on households’ ability to cope financially. It considers the big picture of what policy-makers have done, how well they have done it, and where it’s left people, both in terms of health and economic outcomes. It concludes that the past year has been marked by successes on income support and vaccines, but also failures on lockdown that have cost lives and deepened the economic crisis, and a legacy of inequality that needs to be addressed in the recovery.  [Briefing](https://www.resolutionfoundation.org/app/uploads/2021/03/The-12-month-stretch.pdf?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=12243320_NEWSL_HMP%202021-03-19&dm_i=21A8,7AF08,FLWQCU,TKR1K,1) |
| **Covid-19: Test, Track and Trace**  In May 2020 NHS Test and Trace (NHST&T) was set up with a budget of £22 billion. Since then it has been allocated £15 billion more: totalling £37 billion over two years. This report says that there is still no clear evidence of NHST&T's overall effectiveness. It also finds that it’s unclear whether its contribution to reducing infection levels – as opposed to the other measures introduced to tackle the pandemic – and questions whether this can justify the costs.  [Report](https://committees.parliament.uk/publications/4976/documents/50058/default/?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=12226171_NEWSL_HMP%202021-03-12&dm_i=21A8,7A1RV,FLWQCU,TIWAS,1) |
| **Caring as a Social Determinant of Health**  Unpaid carers provide critical support for people with health and social care needs. The majority of recipients of unpaid care are older parents or spouses and partners and changes in the make-up of our population indicate that the number of dependent older people in the UK will increase by 113% by 2051. Supporting those who provide unpaid care to older people is therefore hugely important, and evidence is needed on how best to do this. The support provided by carers is often physically and emotionally demanding, with consequences for carers’ own health and wellbeing. The evidence suggests that the consequences of caring for older people are not significantly different to the consequences of caring for other populations. The review found that older people experience poor mental health, including anxiety and depression, alongside ‘carer burden’\* , stress and poor quality of life.  The paper suggests that unpaid caring should be considered a social determinant of health. Carers experience poor physical and mental health, struggle to access services and are at risk of financial hardship. More robust evidence is needed to identify if there are unique consequences for those people caring for older adults and how best to support them.  [Paper](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/971115/Caring_as_a_social_determinant_report.pdf?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=12249593_NEWSL_HMP%202021-03-23&dm_i=21A8,7AJUH,FLWQCU,TL20X,1) |
| **Health Workers Win Two-Year Battle Against Privatisation in Frimley**  The battle began in April 2019, when 900 workers across three sites (Frimley Park, Heatherwood and Wexham Park), were told that the trust would be changing estates and facilities into a wholly owned subsidiary.  Employees believed that this would amount to ‘backdoor privatisation’ and would take staff off the NHS Agenda for Change pay structure and could lead to the erosion of their rights, security and conditions at work.  [Article](https://www.unison.org.uk/news/article/2021/03/health-workers-win-two-year-battle-privatisation-frimley/?utm_medium=email&utm_campaign=Activist%20240321&utm_source=Communications&utm_content=Read%20the%20full%20story) |
| **The Deaton Review of Inequalities: A New Year’s Message**  The Deaton Review was set up to look at the possibility that inequalities may prove a threat to our economic, social and political systems unless they are tackled effectively. The review argues that among other things we collectively lacked a coherent understanding of how key forms of inequality relate to each other: such as inequalities in health, income, wealth, educational opportunity and family life, and gaps between rich and poor, different parts of the country, different ethnic groups and different genders. Since then, the world has changed more than any of us could have imagined. And yet COVID-19 seems to have shone a light on many of the issues we raised pre-pandemic, more vividly than we ever could have.  This report examines the impact of the pandemic on educational, economic, social and health inequalities in the UK. It outlines data and evidence on the groups that have been most heavily impacted by widening inequalities and Covid-19. The report suggests that the COVID crisis has exacerbated inequalities between the high- and low-paid and between graduates and non-graduates and that it has hit the self-employed and others in insecure and non-traditional forms of employment especially hard. Educational inequalities will almost certainly have been exacerbated by the crisis, the crisis has had very different impacts on different ethnic groups and whilst pensioners have on average reported becoming financially better off, the young have borne the brunt of job and income loss, mortality rates from COVID-19 were twice as high in the most deprived areas as in the least deprived.  [Report](https://www.ifs.org.uk/inequality/wp-content/uploads/2021/01/IFS-Deaton-Review-New-Year-Message.pdf?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=12061170_NEWSL_HMP%202021-01-05&dm_i=21A8,76IGI,FLWQCU,T4HCZ,1) |
| **Build Back Fairer: The COVID-19 Marmot Review**  This report has been produced by the UCL Institute of Health Equity and commissioned by the Health Foundation as part of its [COVID-19 impact inquiry](https://www.health.org.uk/what-we-do/a-healthier-uk-population/mobilising-action-for-healthy-lives/covid-19-impact-inquiry/call-for-evidence) to investigate how the pandemic has affected health inequalities in England.  It was the principles of fairness and the need to do things differently that animated the concrete recommendations we set out in our February 10 Years On Review, just before the pandemic hit with such devastating intensity. Inequalities in mortality from COVID-19 and rising health inequalities as a result of social and economic impacts, have made such action even more important.  The aim of this report is three-fold:   * To examine inequalities in COVID-19 mortality. Focus is on inequalities in mortality among members of BAME groups and among certain occupations, alongside continued attention to the socioeconomic gradient in health – the more deprived the area, the worse COVID-19 mortality tends to be * To show the effects that the pandemic, and the societal response to contain the pandemic, have had on social and economic inequalities, their effects on mental and physical health, and their likely effects on health inequalities in the future * To make recommendations on what needs to be done   **The report highlights that:**   * Inequalities in social and economic conditions before the pandemic contributed to the high and unequal death toll from COVID-19 * The nation’s health should be the highest priority for government as we rebuild from the pandemic * The economy and health are strongly linked – managing the pandemic well allows the economy to flourish in the longer term, which is supportive of health * Reducing health inequalities, including those exacerbated by the pandemic requires long-term policies with equity at the heart * To build back fairer from the pandemic, multi-sector action from all levels of government is needed * Investment in public health needs to be increased to mitigate the impact of the pandemic on health and health inequalities, and on the social determinants of health.   [Full Report](https://yhphnetwork.co.uk/media/72540/build-back-fairer-the-covid-19-marmot-review-ihe-2020.pdf)  [Executive Summary](https://yhphnetwork.co.uk/media/72541/build-back-fairer-the-covid-19-marmot-review-executive-summary-ihe-2020.pdf)  [Build Back Fairer Launch Webinar](https://youtu.be/vRyVNyIrBn0?t=133) |
| **Marmot Review 10 Years On**  It has been ten years since the publication of The Marmot Review, for the first time in more than 100 years life expectancy has failed to increase across the country, and for the poorest 10% of women it has actually declined. Over the last decade health inequalities have widened overall, and the amount of time people spend in poor health has increased since 2010.  #Marmot2020 confirms an increase in the north/south health gap, where the largest decreases were seen in the most deprived 10% of neighbourhoods in the North East, and the largest increases in the least deprived 10% of neighbourhoods in London.  There are a number of key points made within the report, but the principle point I would like to make is that, the more deprived the area, the shorter the life expectancy. This social gradient has become steeper over the last decade, and women in the most deprived 10% of areas for whom life expectancy fell from 2010-12 and 2016-18. There are marked regional differences in life expectancy, particularly among people living in more deprived areas, a general point is that the North is doing worse than the South.  Mortality rates are increasing for men and women aged 45-49 – perhaps related to so-called ‘deaths of despair’ (suicide, drugs and alcohol abuse) as seen in the USA. Child poverty has increased with children’s and youth centres have closing and the reduction in funding for education. There is a housing crisis and a rise in homelessness, people have insufficient income to lead a healthy life and there are more ignored communities with poor conditions leaving people with little reason for hope, aspiration and tangible possibility to improve their lot!  Marmot Review 2020  [Executive Summary](https://www.health.org.uk/sites/default/files/2020-03/Health%20Equity%20in%20England_The%20Marmot%20Review%2010%20Years%20On_executive%20summary_web.pdf)  [Full Report](https://www.health.org.uk/sites/default/files/upload/publications/2020/Health%20Equity%20in%20England_The%20Marmot%20Review%2010%20Years%20On_full%20report.pdf) |
| **Events**  **How will the Public Mood Shape Care after the Pandemic?**  **Venue: This event will take place online.**  **Date: Thursday 15 April 2021,**  **Time: 11.45 - 13.00**    What did the public think of care during the last year of the COVID-19 crisis? What does this mean for the shape of care and what the government should do next?  The panel will consider shifts in public attitudes to care. These include satisfaction with and expectations of the NHS; the biggest priorities facing health and social care; and satisfaction with how the government managed the pandemic.  The meeting willl discuss the key questions: are there significant shifts in public opinion? Why? Are they likely to be permanent? And what do they mean for the government, national leaders in the NHS and social care and clinicians in the recovery period?  Panellists:  • Vin Diwakar, Regional Medical Director, London, NHS England & NHS Improvement  • Tim Gardner, Senior Policy Fellow, the Health Foundation  • Isabel Hardman, Assistant Editor, The Spectator  • Ben Page, Chief Executive Officer, Ipsos MORI  • Chair: Jennifer Dixon, Chief Executive, the Health Foundation  For more information and registration [Click here](https://thehealthfoundation.zoom.us/webinar/register/4016160017017/WN_38kJjBNbRRi8JzNOTfe_tw?utm_campaign=12247767_Public%20Perceptions%20Webinar%20with%20Ipsos%20MORI%20%20WARM%20%20Mar%2021&utm_medium=email&utm_source=The%20Health%20Foundation&dm_i=4Y2,7AIFR,43M33S,TKKWW,1)  **Child Poverty and Children's Health**  **Venue: This event will take place online.**  **Date: Monday, 19 April 2021**  **Time: 14:00 – 15:00**  This event will explore and discuss the relationships between inequality, child poverty and children's health outcomes. This is the third event in a series of nationally-focussed webinars delivered by ARC NENC and supported by Equal England, the NIHR SPHR and Fuse, the Centre for Translational Research.  The session includes contributions from:  Professor Claire Cameron, University College, London (UCL) - on the ActEarly Healthy livelihoods theme, specifically discussing work in the borough of Tower Hamlets in London.  Professor David Taylor-Robinson, University of Liverpool - on child poverty, adversity and health across the life course.  Chaired by Professor Kate Pickett, University of York.  Followed by a panel Q&A session with the speakers, alongside Dr Luke Munford, ARC Greater Manchester, and Dr Sophie Whickham, ARC North West Coast.  For more information and registration [Click here](https://www.eventbrite.co.uk/e/child-poverty-and-childrens-health-tickets-147443769283)  **A Look at Support or Young People During the Economic Crisis and a Look Ahead to the Economic Recovery and How the Labour Market Will Evolve.**  **Venue: This event will take place online.**  **Date: Wed, 31 March 2021**  **Time: 16:00 – 17:15**  Young people are being hit hardest by the economic impact of COVID-19 on the labour market. They are 2.5 times more likely to be working in the sectors most affected by the pandemic, which has led to a rise in youth unemployment, economic inactivity and young people claiming benefits - the latter increasing by 120% compared to pre pandemic levels. Prior to the COVID-19 crisis, there were already 760,000 young people not in education or employment in the UK who are at risk of falling further behind.  This seminar will look at the support in place for young people during the economic crisis and beyond. What additional measures are needed to create opportunities, help employers and provide the right information and advice to young people? The speakers will consider these points as well as looking ahead to the economic recovery, sharing new research on what this means for sectors and geographies and how the labour market could evolve.  Please note you must be a member of the Academy to attend an event. Membership is free and you will be prompted to join when registering for this event.  For more information and registration [Click here](https://www.eventbrite.co.uk/e/young-people-unemployment-and-the-economic-recovery-registration-140262869017)  **Let’s Start at the Very beginning. It’s a Very Good Place to Start. Conference**  The link to the Speaker Presentations and Evaluation Report for this Event is:  <https://www.yhphnetwork.co.uk/links-and-resources/minding-the-gap/events-and-conferences/lets-start-at-the-very-beginning-its-a-very-good-place-to-start/>  Links to the individual videos are:  Rachel Dickinson - <https://youtu.be/f4HLia559So>  David Taylor Robinson - <https://www.youtube.com/watch?v=ftnIrKY7A9w&feature=youtu.be>  Ceri Wyborn - <https://youtu.be/PgtKhW-3K4Q>  Edward Melhuish - <https://youtu.be/yZdp-bY3Sis>  Peter Matejic - <https://youtu.be/6AIskEXvDnM>  Stephanie Waddell - <https://youtu.be/82tR1_SKQw4>  Nick Frost - <https://youtu.be/-RDYJFnU0Cc> |
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